HIV TREATMENT WORKS

When I was first diagnosed with HIV, I felt like I would never have a strong quality of life again. But life does not end with an HIV diagnosis. I formed a strong, honest relationship with my medical provider and together we created a plan to keep me healthy. I want to encourage other transwomen living with HIV to take care of themselves by taking their medication, and taking time to do what makes them happy. There is light at the end of the tunnel, and you can live a full and amazing life as long as you stay in care and prioritize your health.

CDC ACT AGAINST AIDS

Get in care. Stay in care. Live well.
cdc.gov/HIVTreatmentWorks

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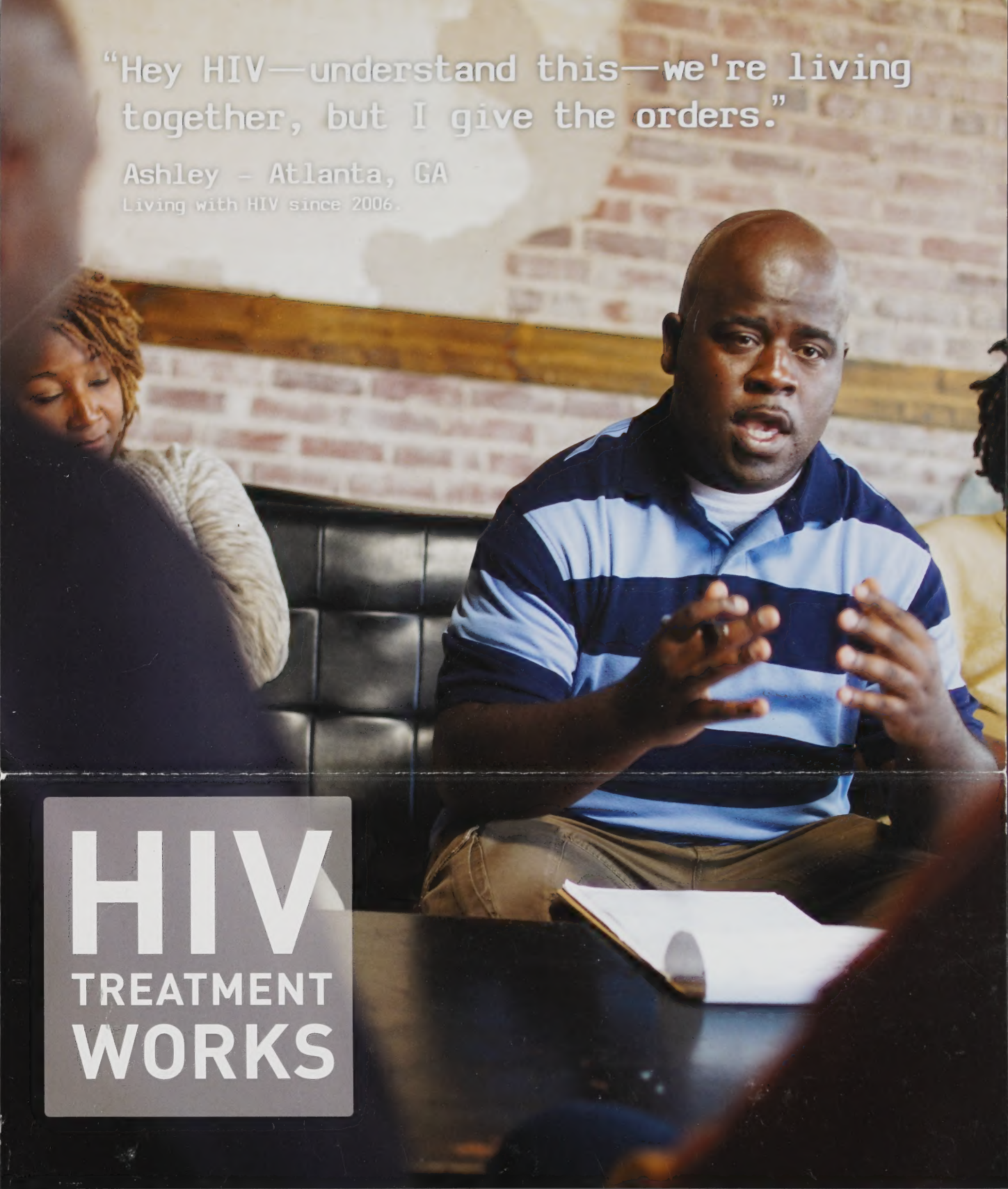

HIV TREATMENT WORKS

Being in the military prepared me for a lot of things, but not my HIV diagnosis. I found it difficult to take medication every day. Fortunately, with the help of my doctor at the VA, taking my medicine is just another part of my morning routine. I brush my teeth, wash my face, and take my meds. By sticking to my medication, doctor visits, and support groups, I stay healthy and happy. As a support group leader, now I'm helping others to get into their own routine.

CDC

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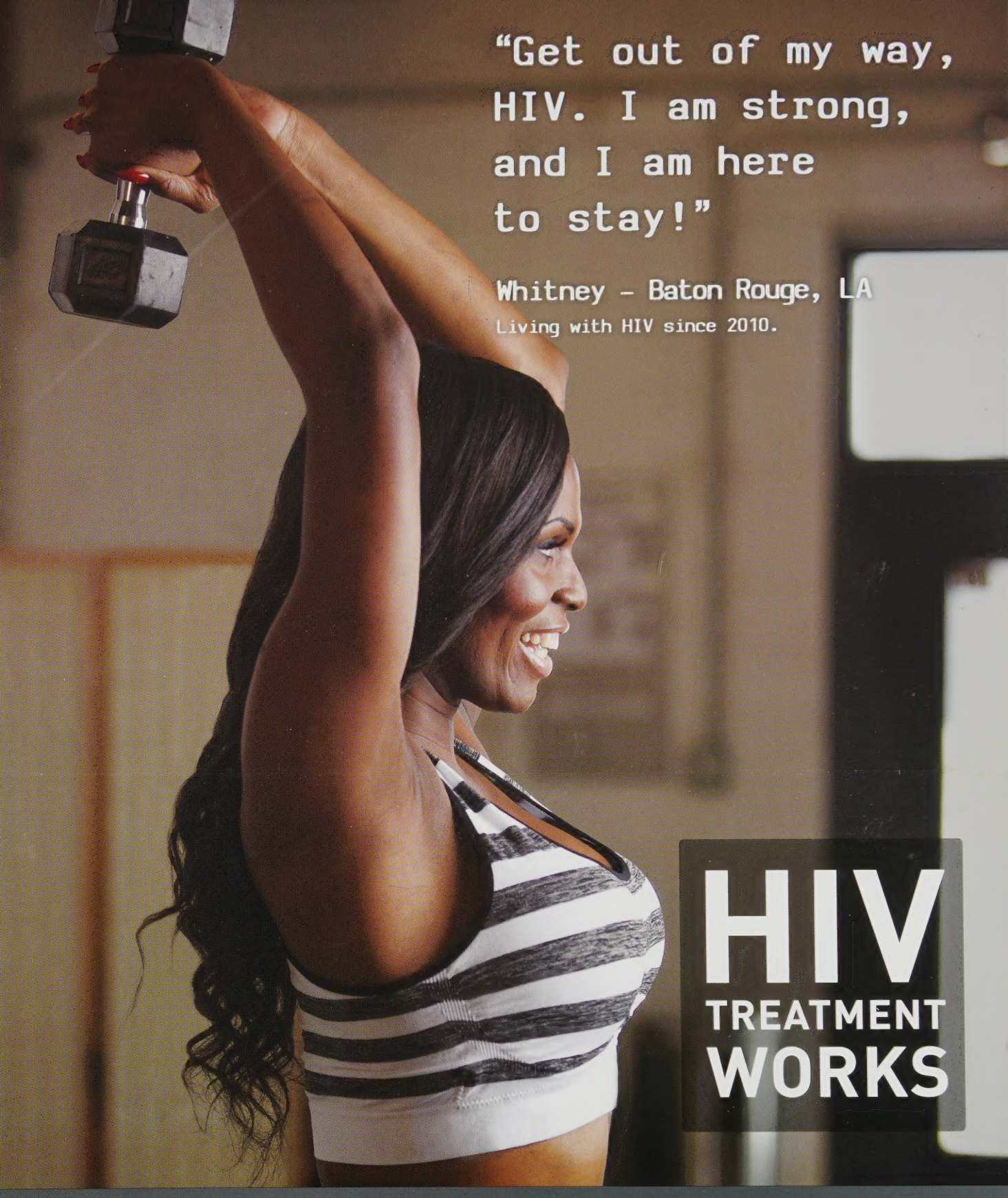

My HIV diagnosis was a shock, but I found a strong support group that helped me find my way. They introduced me to the perfect clinic where I have one doctor who specializes in HIV and one who specializes in caring for transgender women and men. Everybody is very friendly – from the front desk to the doctors – and they make me feel safe and comfortable. My message to other transwomen living with HIV is to take your meds, find friends and providers who will support and uplift you, maintain a healthy lifestyle, and keep doing the things you love.

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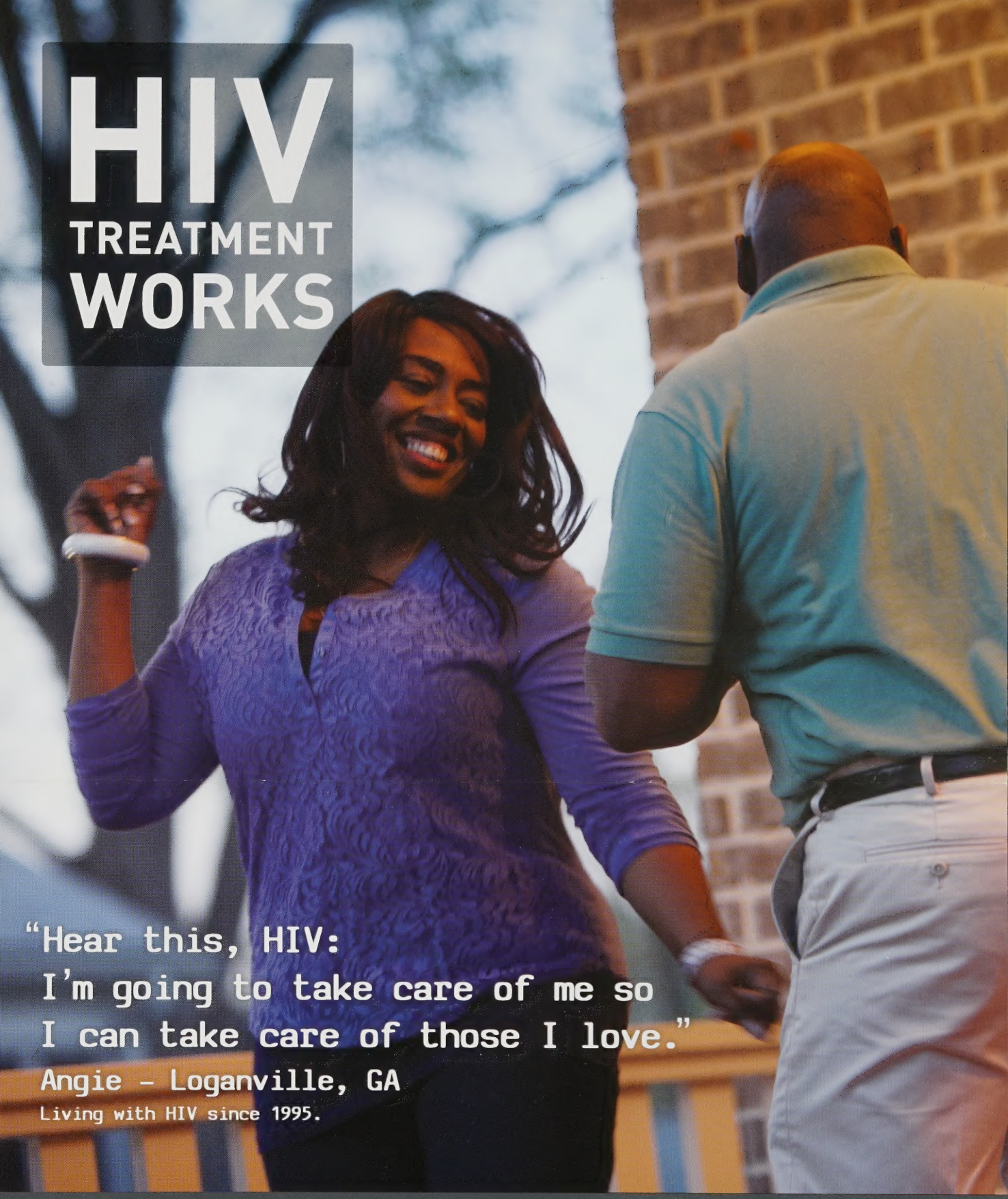

I break into dance whenever the mood and music move me. I won't let my HIV rob me of anything in life. I know that staying in care and on treatment helps me to be the best mother, wife, and HIV prevention educator I can be. I tell other HIV-positive women: All the fear that you have can be overcome. Every day I wash down my pills with a prayer. I'll continue to do so until my dying day—and HIV will not be the cause of it.

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The moment I received my HIV diagnosis, negative thoughts rushed through my mind. Have I passed it on to my infant son? Will I live to raise him? Can I have more children? Like many people, I didn't know a lot about HIV. But with time, the right doctor, the right medicine, and a strong support group, I discovered that I could live a full life. I'm on treatment, my son is HIV-negative, and we're both healthy and living well with the love of our family and friends.

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EL TRATAMIENTO DEL VIH ES EFECTIVO

Me niego a permitir que el VIH se interponga en mis actividades. Hasta tengo una aplicación móvil que me recuerda cuando tengo que tomarme los medicamentos para el VIH. Cuando no estoy trabajando, me ejercito, hago natación, levanto pesas, medito, me voy de viajes, y—oh sí —también hago karaoke. Sé que mientras más control yo tenga sobre el VIH, menos fuerza tiene el virus. Me mantengo en control cuando tomo los medicamentos para el VIH todos los días.

CDC ACTÚA contra el SIDA

Busca y mantente en cuidado médico. Vive bien.

cdc.gov/HIVTreatmentWorks

HIV TREATMENT WORKS

This is my disease. It's in my body and I need to know everything I can to fight it. I stay informed. I talk to my doctor. I talk to my pharmacists. And I share my story through my own YouTube channel called My HIV Journey. Three years ago, when I met my partner Phil, I told him I was HIV-positive in our first conversation. He said, 'That's OK. There are lots of ways to protect ourselves.' Phil takes PrEP and I take my meds every day. In this relationship, HIV ends with me.

CDC

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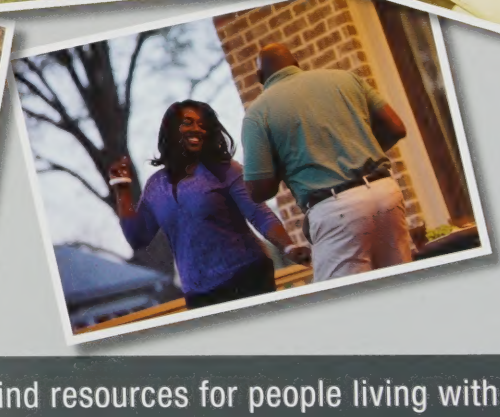

Visit CDC's HIV Treatment Works website to find resources for people living with HIV. See how each of these people is living well with HIV and find available services and support groups.

Get in care. Stay in care. Live well.
cdc.gov/HIVTreatmentWorks

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"You know what, HIV? There are many things I still want to accomplish and you are not going to stop me."

L'Orangelis - San Juan, PR

Living with HIV since 1989.

I was born with HIV so I don't know what a life without HIV is like. There was a period of time where I did not take medicine, but I decided to get back on treatment and seek medical care. I am motivated now to stay healthy because there are so many things I still want to accomplish. I am 25 years old. I have a whole life to look forward to and an opportunity to be a role model for other young people.

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HIV
TREATMENT
WORKS
"I may have gotten you, HIV.
But you will never, ever get the best of me."
Sharmain - Memphis, TN
Living with HIV since 1990.

I was diagnosed with HIV when I was just 4 months old. I do everything in my power to take good care of my health and keep from passing the virus on to my baby. The best chance of my son being born without HIV is for me to take my medicine every day. He's my motivation. Being in care and staying on treatment means my baby has a 99% chance of being born HIV-free.

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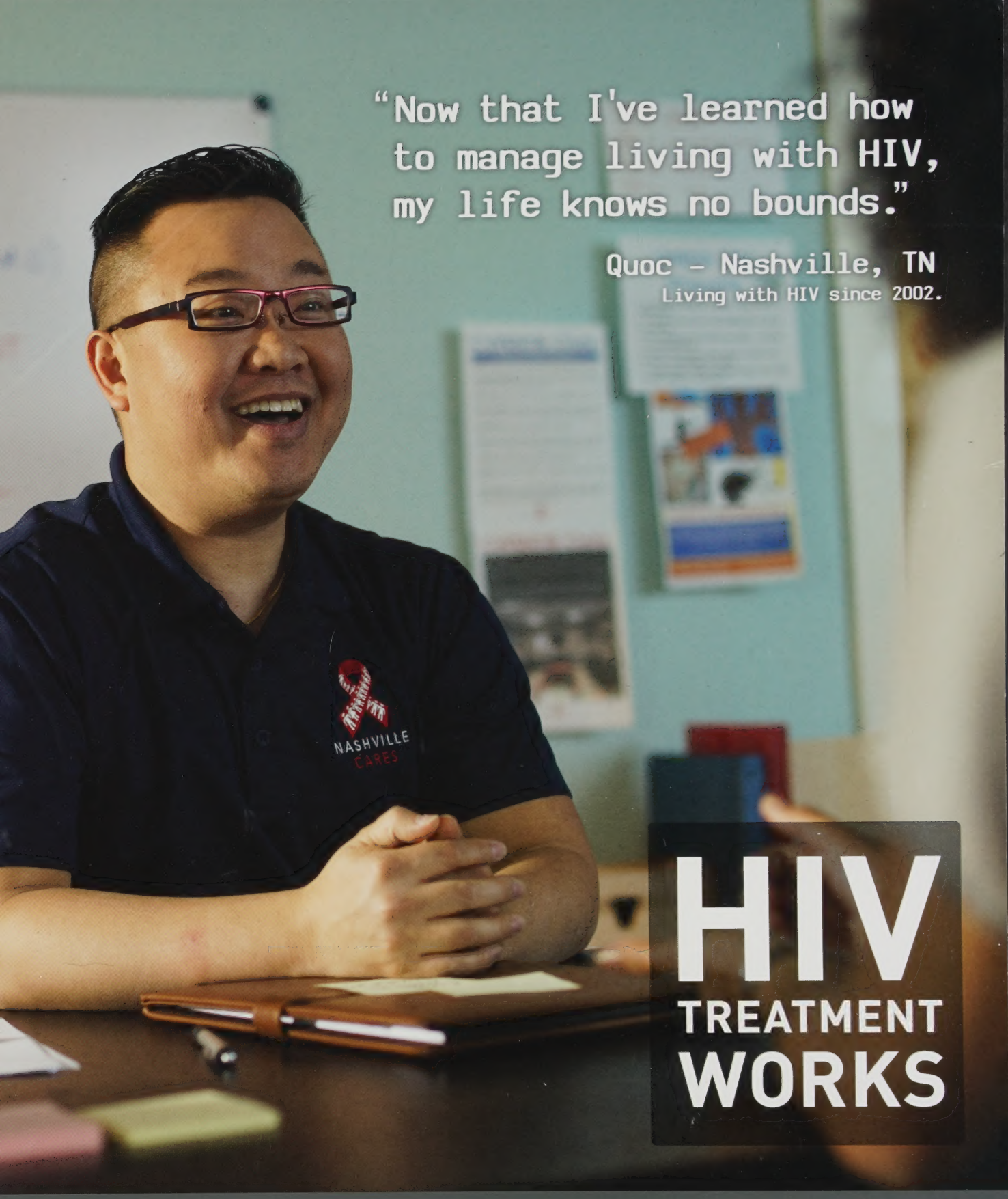
"Now that I've learned how to manage living with HIV, my life knows no bounds."
Quoc – Nashville, TN
Living with HIV since 2002.
NASHVILLE CARES
HIV TREATMENT WORKS

When I found out I was HIV-positive, the news sent me into a spiral of shame and self-destruction. I hit rock bottom. I thought I would die from my drug addiction before I died from my HIV. I knew then that I had to take control of my life and get into treatment. After getting clean, I worked with my doctor to find the best treatment for my HIV. I've made taking care of myself and my HIV a top priority. Now, I'm at a point where I can help others get in care, stay on treatment, and learn to live a long, healthy life.

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